Reframe

Your Menstrual Cycle

FEMENINE ESSENCE

ESSENCIA FEMINA

Who am I?

Hello, my name is Susana, and I am an Integrative Therapist *specializing in the Sacred Feminine and Women's Health.* I am a Moon Mother and Womb Keeper. I assist in overcoming emotional and energetic blocks that limit creative potential, while also promoting uterine health and female empowerment. *My purpose is to guide women on their journey of awakening and reconnection with the Divine Feminine Essence.*

If you are about to dive into the eBook "Reframe Your Menstrual Cycle," it's because you are ready to embark on a journey of self-discovery and empowerment. Perhaps this is the first time you have dedicated yourself to exploring and understanding the incredible symphony that is your menstrual cycle. This is the beginning of a profound transformation, and your life is about to change in ways you may have never imagined. And believe me, you deserve this change.

Exploring the menstrual cycle goes beyond physical understanding; it is a journey of self-acceptance, self-esteem, and reconnection with the feminine essence that resides in each of us. As we all experience our cycles uniquely, this eBook aims to provide you with the tools and insights needed to explore YOUR menstrual cycle, understand your individuality, and embrace your inner strength.

Get ready to transform your relationship with the menstrual cycle, rediscover the power and beauty of femininity, and explore a world of possibilities. This eBook will be your guide on this journey of self-discovery and transformation.

With much enthusiasm and support,

Susana de Oliveira

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Summary

Your Menstrual Cycle

Understanding your menstrual cycle is a journey that transcends calendar markings and becomes a profound act of self-discovery and empowerment. It goes far beyond mere dates, leading us to explore the complexity of feminine nature and understand the incredible connection between the body, mind, emotions, and soul.

The different phases of the cycle are composed of four archetypes: Crone, Maiden, Mother and Enchantress, each bringing its own essence and unique challenges. The Crone is the end but also the beginning is the phase where you accumulate wisdom, the Maiden represents youth and creativity, the Mother symbolizes fertility and nurturing and the Enchantress brings intuition and magic.

By understanding and embracing these menstrual cycle archetypes in harmony with the cycles of the moon, seasons, and the four elements, we embark on a journey of profound understanding and celebration of the richness of the feminine experience. This allows us to reconnect with our intrinsic nature, understand the fluctuations of energy, thought, and emotions throughout the month, and live in harmony with the gifts and challenges of each phase.

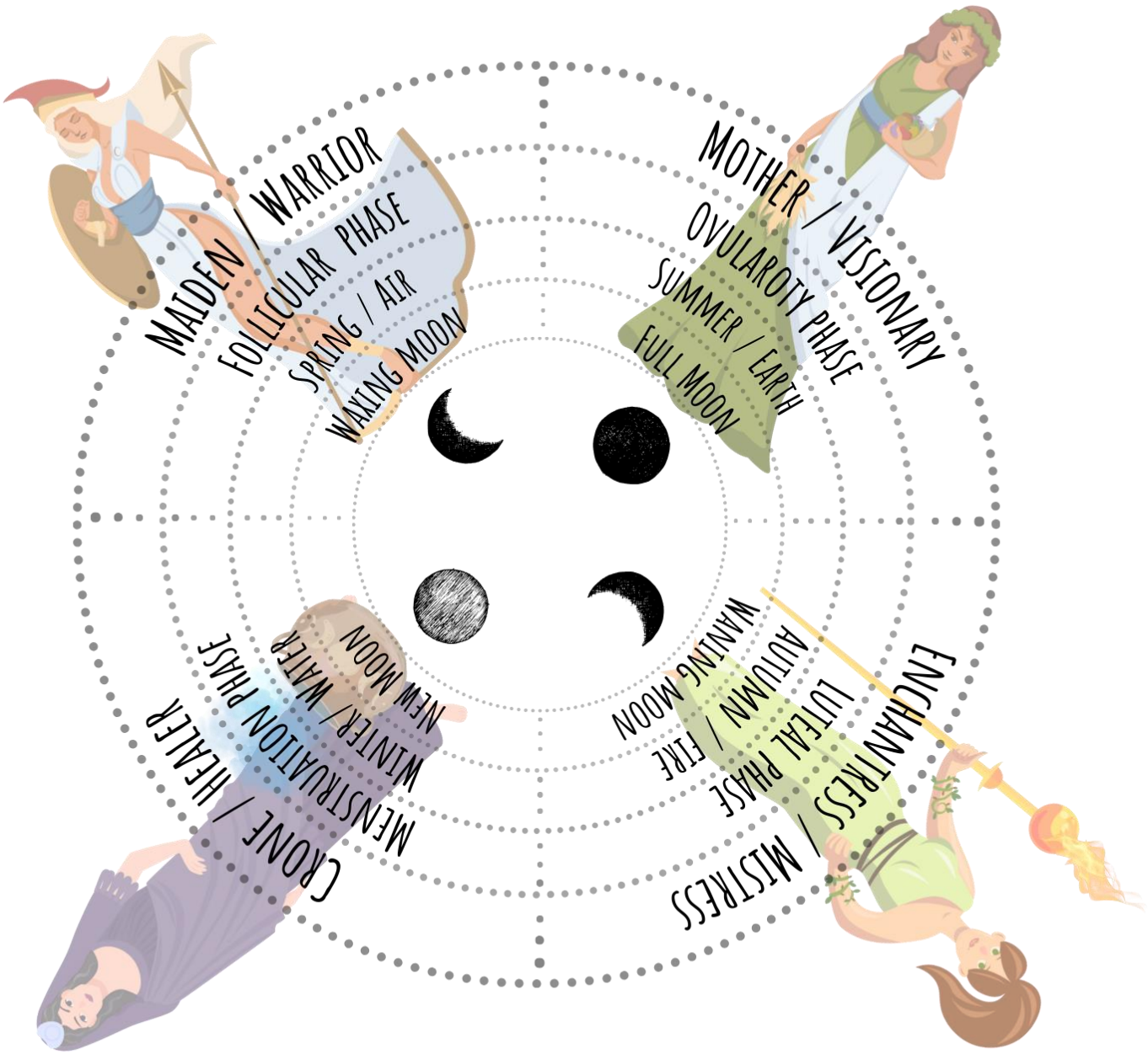
The menstrual cycle is not just a physical process but an opportunity to establish a deep connection with one's feminine nature. It allows honoring the sacredness of the body and recognizing that you are a cyclical woman.

Understanding the wisdom of the body is listening to internal signals so that you can reframe distortions and perceptions of suffering associated with the menstrual cycle and menstruation. This deep connection strengthens our self-esteem, confidence, and intuition, allowing you to embrace your femininity.

In other words, knowing the menstrual cycle is a journey of self-discovery that transforms not only the way you perceive and deal with your body and cycles but also how you experience the unique and wonderful journey of being a woman.

* Archetypes: The word "archetype" has its roots in ancient Greek, combining "archē" (first/original) and "typos" (model/type). It was popularized by Carl Jung in analytical psychology to describe innate and universal patterns in the human psyche that influence our thoughts and behaviors. These archetypes represent deeply ingrained images in the collective unconscious of humanity and play an essential role in understanding human nature, myths, dreams, and cultural symbols. Jung expressed his desire to use the word "Spirit" to highlight the transcendental nature of these universal energies. Before continuing reading, reflect on the word 'Spirit' and its meaning."

The Four Archetypes of the Menstrual Cycle



Crone or Healer Archetype:

The archetype of the Crone or Healer, corresponding to the menstruation phase in the menstrual cycle, is associated with the water element, the new moon, and the winter season. This phase occurs in the first five days of the menstrual cycle.

The menstruation phase is often seen as a time of renewal and introspection, similar to winter when nature withdraws and prepares for a new cycle. During menstruation, it's as if you are the healer of your own temple. Imagine this moment as a quiet night by a fire, where you release energies that no longer serve you. Just as rainwater flows and purifies the earth, menstruation is your opportunity to purify yourself physically and emotionally.

The water element, associated with this phase, symbolizes the depth of emotions, fluidity, intuition, and connection with the unconscious. It's a conducive period to explore spirituality, connect with your feminine ancestors, intuition, and to connect more deeply with yourself.

The new moon, representing the end and the beginning of a new lunar cycle, reflects the opportunity to start anew, set intentions, and free yourself from thought and behavior patterns. Here you will plant the seed of what you want to see emerge in this new cycle or future cycles.

What happens to your body in the menstrual phase includes low energy levels, the shedding of the uterine lining (endometrium) that can result in cramps, discomfort, and emotional changes, but these are not considered normal. It's a period of self-care, rest, and energy recharge, allowing for cleansing and deep connection with your femininity and spirituality.

This phase represents a time to look inward, introspect, release, renew, and reconnect with inner wisdom. Knowing and honoring this phase empowers women to embrace their cyclical nature and make the most of the gifts it offers.

Maiden Warrior Archetype:

The Maiden archetype, this phase is often associated with the spring season, with the air element, the waxing moon, and the follicular phase of the menstrual cycle. This phase typically occurs on days 6 to 12 of the menstrual cycle.

Think of the Maiden phase as a blossoming field in spring. You, as the Maiden, are full of energy and ready to embark on new adventures. Envision yourself as a Warrior ready to conquer challenges, whether initiating a creative project or exploring new opportunities.

The waxing moon associated with growth reflects increased energy and vitality during this phase. It's an opportune time to set intentions, plan projects, and you may feel courageous and eager to explore new opportunities.

The air element associated with this phase represents the world of ideas, the mind, rationality, focus, communication, and expansion. Therefore, it's a favorable time to use rational thinking to plan, communicate, and explore ideas with clarity.

What happens in your body during the follicular phase is that estrogen levels continue to rise as the body prepares for ovulation. This can result in increased energy, mental clarity, and improved coordination. Estrogen plays a significant role in regulating the menstrual cycle and protecting the bones. Additionally, it influences the brain, mood, skin, and other tissues.

This is a period of renewal, expansion, creativity, and renewed energy, making it conducive to planning, studying, and exploring new opportunities. Knowing and honoring this phase reconnects you with your youthful and spontaneous side, embraces your feminine nature, make the most of the gifts that this phase offers.

Mother Visionary Archetype:

The archetype of the Mother, representing the Mother phase in the menstrual cycle, is closely linked to the summer season, the earth element, the full moon, and the ovulatory phase of the cycle. This phase typically occurs on days 13 to 17 of the menstrual cycle.

In the Mother phase, energy reflects the vitality and abundance of summer. It is a period of fertility, nurturing, and care. The ovulatory phase is like a fertile garden in full summer bloom. You, as the Mother, are at the peak of fertility and abundance. Envision yourself as a visionary, nurturing your ideas and relationships, much like the Mother nurtures her family. This is the time to express affection and support not only for others but also for yourself.

The full moon, associated with fullness and illumination, reflects the abundance and fertility potential of the Mother phase. It is during this time that ovulation occurs, the release of the egg, making it available for fertilization. Therefore, the ovulatory phase is the peak of female fertility.

The earth element associated with this phase represents stability, care, and foundation. It is a favorable time to nurture the body, mind, emotions and spirity and to establish strong connections with others. The Mother's energy is similar to that of a nurturing mother, providing emotional and physical support.

What happens in your body during the ovulatory phase is the release of a mature egg, marking the peak of fertility. Elevated hormone levels, including the peak of estrogen, can result in an increased libido and an overall sense of vitality. Estrogen plays a crucial role in regulating the menstrual cycle, protecting bones, and influencing the brain, mood, skin, and other tissues.

Here, your feminine expression and fertility, nurturing, care, and abundance are at their peak. You often feel more attractive and sensual during this phase, which is conducive to relational exchanges and sexual expression. Knowing and honoring this phase can empower women to celebrate their ability to nurture, care, and be fertile, allowing them to live in accordance with the gifts it offers.

Enchantress Mistress Archetype:

The archetype of the Enchantress Mistress, representing the Luteal phase in the menstrual cycle, is associated with the powerful element of fire, the waning moon, and the autumn season. This phase typically occurs on days 18 to 28 of the menstrual cycle.

Just as nature prepares for the transition to winter during autumn, you are invited during this phase to reflect on what no longer serves you and to release the unnecessary. The power of the Enchantress brings to light what needs to be seen, which is why the infamous PMS (Premenstrual Syndrome) may manifest more intensely during this phase.

The Luteal phase is a delicate balance between Yin and Yang, where Yang energies, symbolized by the fire element, come to the forefront. Fire is the element of transformation and transmutation, burning, destroying, but also purifying. This elevated energy can illuminate unresolved issues, emotional discomforts, and challenges that need to be faced.

During the Luteal phase, envision yourself as a enchantress mistress in an autumn forest. Just as the trees release their leaves, you are letting go of what no longer serves. Consider PMS as a call to confront and release what needs to be left behind, transforming this phase into a journey of healing and renewal.

The waning moon, associated with reflection and release, mirrors the need to revisit unresolved issues and make necessary adjustments. Your body, during this phase, reaches peaks of estrogen and progesterone, hormones that play a crucial role in preparing for pregnancy. However, if pregnancy does not occur, your body prepares for menstruation, which can lead to mood fluctuations and premenstrual symptoms.

During this period, creativity is on the rise. Knowing and honoring this phase allows you to explore your inner strength, work with your intuition, and embrace the balance between opposing energies that it offers.

The importance of understanding your Menstrual Cycle

It is crucial to recognize that the mentioned days serve only as guides. The menstrual cycle can vary widely, typically ranging from 21 to 35 days. Every woman has a unique cycle, which can also evolve over the course of life. Therefore, it is essential to trust your body and pay attention to the signals it sends. Each phase of the menstrual cycle can reveal imbalances, both physical and emotional. Listening to these signals is fundamental.

As you delve deeper into the experience of being a woman, you will realize that the female menstrual cycle consists of four distinct phases, each with its own physical, mental, emotional, and spiritual changes as mentioned before. As these phases manifest in your life, they influence who you are and alter the feminine spirit at each stage of your cycle.

A little re-cap in the Menstrual phase, menstruation occurs, accompanied by physical discomfort and emotional sensitivity. The Follicular phase brings increased energy and mental clarity. The Ovulatory phase marks the peak of fertility, with increased libido and vitality. The Luteal phase involves premenstrual symptoms, reflection, and emotional cleansing. Understanding these dimensions in each phase not only strengthens the connection with femininity but also helps identify imbalances and adapt the lifestyle to make the most of each period. It is a journey of self-discovery and celebration, transcending the physical body and extending to a deeper connection with the self as a whole.

Each phase of the menstrual cycle plays a specific role, exerting its influence not only on the body but also on the mind, emotions, and soul. From a physical standpoint, this understanding can be valuable to identify potential hormonal imbalances and plan activities according to the fluctuations of energy and emotion throughout the month. In phases where the mind is more assertive, it's opportune to prioritize planning and studies. When emotions are intense, assess what is true for you, what needs to be let go; nurture your soul during the menstrual period, connecting with your inner wisdom to be reborn in the new cycle that begins.

Understanding what happens in the body during the different phases of the menstrual cycle is essential for a more conscious, healthy, and empowered life. It involves caring for the entire cycle, not just when menstruation occurs or cramps arise but nurturing the body as a whole. This includes caring for nutrition, how you move and exercise your body, your thoughts, and your emotions, as all of these aspects influence the quality of your menstruation. Therefore, I invite you to look at yourself with more tenderness, care for your body with more loving-kindness, approach your cycle without disgust or taboos, understanding that menstruation is a part of who we are. It's a journey of self-discovery and celebration, transcending the physical body and extending to a deeper connection with the self as a whole.

Inner journey

The practice of internal inquiry is an immeasurable journey towards self-awareness and authenticity. By delving deeply into the inner self, a richer understanding of emotions and thoughts emerges, forming the essential foundation for decisions aligned with true essence. This constant quest for self-discovery not only nurtures emotional balance but also drives personal development, enabling one to face challenges, enhance skills, and cultivate meaningful relationships.

Internal journey transcends the personal sphere, paving the way for conscious relationships and deeper spirituality. It not only connects you with yourself but also with others. To further deepen your understanding of how you experience each phase of your menstrual cycle, I invite you to reflect on the following questions below.

Menstrual Phase:

Menstruation is a cleansing process that encompasses both physical and emotional purification. Physically, the body eliminates waste and toxins, providing relief from tension and discomfort. On an emotional level, menstruation is an opportunity to connect deeply with your true self and your emotions, to reflect and release repressed situations, feelings, and thoughts, contributing to the cleansing of the mind and spirit.

- *How do you deal with your menstruation? Is it uncomfortable or peaceful?*
- *In what ways does menstruation affect your emotional well-being?*
- *What is the significance of menstruation in your life and understanding of your femininity?*
- *Do you believe menstruation can be an opportunity for personal transformation and spiritual growth?*

Follicular Phase:

The follicular phase brings an increase in energy and mental clarity. It is a period of renewal and growth, reflecting the energy of spring. In this phase, you are more open to new ideas and projects, displaying renewed enthusiasm and curiosity. The organization of questions helps highlight the importance of the follicular phase, which is vital for planning and renewal.

- *How is my energy and mood evolving with the rise in estrogen levels?*
- *What new ideas or projects are emerging in my mind? How can I plan and start new journeys?*
- *Do you often prioritize your projects?*

• *How do you deal with your imperfections?*

Ovulatory Phase:

The ovulatory phase marks the peak of fertility and vitality. During this period, you may feel more attractive and sensitive. It is a conducive time to explore your sensuality and sexual expression. Understanding the importance of this phase is essential to embrace the complexity of femininity.

• *How am I feeling in terms of sensuality and fertility?*
• *What are my intentions and desires for this high-fertility period?*
• *Does your sensuality and vitality during the ovulatory phase affect your emotional state?*
• *How do you handle your sexual energy?*

Luteal Phase:

The luteal phase can be a challenging period with mood fluctuations and premenstrual symptoms. During this phase, it is important to recognize the need for self-care and self-reflection. Understanding the importance of this phase is vital to help you understand this phase and embrace the complexity of the menstrual cycle.

• *How am I dealing with mood fluctuations and premenstrual symptoms? Am I practicing self-compassion?*
• *What do I need to review and adjust in my life? Am I reflecting on areas that need cleansing and renewal?*
• *What are your self-care practices during the luteal phase?*
• *Are you able to accept and acknowledge your imperfections?*

These internal inquiries can help you to engage more deeply with each phase of the menstrual cycle, empowering you to embrace their cyclical nature and make the most of the gifts each phase offers. By embracing this practice, you empower yourself to live an authentic, balanced life full of meaning, reflecting your values and goals, and providing an exceptional quality of life.

Awaken the Femenine Essence within you.

We have reached the end of this journey, and I hope that this eBook, *"Redefine Your Menstrual Cycle,"* has been more than just an informative guide. This is an invitation to a journey of self-discovery and empowerment, guided by a profound understanding of your menstrual cycle.

By embracing the four archetypes of your cycle – The Crone, the Maiden Warrior, the Mother Visionary, and the Enchantress Mistress – you embark on a transformative journey. It's not just about what happens in your body, but how each phase influences your mind, emotions, and spirit. Connecting deeply with your cyclical nature is a revolutionary act of self-love.

Here, you will not only find information about the menstrual cycle archetypes but an invitation to fully experience them. Each question in the Internal Inquiry section is a gateway to self-awareness, allowing you to dive into the depths of your own soul and understand your cyclicality.

Always remember: the menstrual cycle is not just a biological process; it is a sacred experience that connects us to the essence of femininity. By dedicating yourself to understanding and redefining your cycle, you are not just transforming how you deal with your body but opening doors to a life more connected with your feminine essence.

As a Integrative Therapist specialized in the Sacred Feminine and Women's Health, I believe that each woman is unique and has an intrinsic connection to her feminine essence. In this journey, you have awakened to the wisdom of your menstrual cycle, and it is my hope that this awakening becomes the foundation for a more authentic, fulfilling, and meaningful life.

I appreciate you dedicating time to this journey of discovery and healing. If you need additional support, I am here to guide you on your path. This is only the beginning. May each phase of your cycle be an opportunity to celebrate, learn, and grow.

With all my support and enthusiasm,

Susana de Oliveira
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Integrative Therapist, Moon Mother, and Womb Keeper

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Discover the Yoni Method: A transformative Journey for Women's Health and Reconnection with the Sacred Feminine.

The Yoni Method is a unique experience of inner rediscovery, designed to address uterine disorders. Grounded in Natural Gynecology approaches, Dowsing, Radionics, this method goes beyond the surface, not only treating symptoms but also exploring the emotional root of uterine pains.

If you're facing challenges such as hormonal disorders, cramps, endometriosis, uterine fibroids, PCOS (Polycystic Ovary Syndrome), adenomyosis, or recurrent candidiasis, among others, or are seeking a deeper understanding of menstrual cycles and reconnect to our Sacred Feminine, the Yoni Method is the journey you're looking for.

Every woman is unique and deserves treatment that honors and strengthens that uniqueness. By incorporating these practices, you empower yourself to live an authentic, balanced life full of meaning, reflecting your values and goals, resulting in an exceptional quality of life.

You will be guided through practices that aim not only to alleviate physical symptoms but also to promote a deep connection with your Sacred Feminine. By exploring the natural cycles of the body and their manifestations, you allow yourself to reconnect not only with physical health but also with the richness of your feminine essence.

I believe true transformation begins from the inside out. By embracing the Yoni Method, you are taking the first step toward a journey of self-care, self-discovery, and spiritual elevation. This is more than a treatment method; it's an invitation to fully embrace your femininity, heal holistically, and redefine the meaning of intimate health.

Don't postpone any longer. Your journey to a fuller and healthier life starts now. Click here to begin your path to complete transformation.

https://www.femenineessence.com/en

Important Notice

The content of this ebook does not replace medical treatment or therapeutic guidance. If you are experiencing a severe and persistent issue related to physical, mental, or emotional health, please contact your doctor or therapist. As this content is based on ancient wisdom, complementary and integrative approaches, the author does not assume responsibility for any misuse of these teachings.

For more information on individual consultations and experiences:

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